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VOLUME 3, EDITION 12

wethersfield

LIFE

A summer scene

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as end of summer nears

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QUOTE OF NOTE:

“The fact that you look around the room and there’s everybody here, from young to old, that shows how loved she is.”

- Ellen Schuman

See story page 18

ON THE COVER

Ethan Pelletier went kayaking in Lake Tremblant, Mont-Tremblant, Quebec this summer. This photo won our contest for best summer vacation story and photo to earn its place on page 1.

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A special camp for special youths

Camp Sunrise offers summer fun for children with various needs

by Nancy Thompson
LIFE Staff

Officially, Camp Sunrise is “a structured therapeutic day camp,” but for the campers, it’s simply a terrific way to spend the summer.

The camp, started in the early 1970s by Glastonbury resident Gil Spencer, is open to youths with special needs from Glastonbury, Rocky Hill, Wethersfield, Newington and Cromwell.

The idea started when Spencer returned home from a Rotary meeting one evening and found his wife in tears. A camp for children with special needs that their daughter enjoyed so much was closing because of the loss of funding.

Spencer made a few phone calls to friends who were experts in special education, recreation and transportation. They met and decided to set up a new camp.

In its early years, the camp program met at Glastonbury High School, where campers used the gym and pool. Today, the camp takes place at Smith Middle School and is co-sponsored by the five towns under the authority of their respective recreation departments.

“It’s a great program and it started on a shoestring,” Spencer said. “We get excellent support in town.”

In addition to paid staff members, the camp attracts about 30 volunteers each summer, mostly high school students from the five participating communities.

The day starts with a morning meeting at which everyone talks about the day’s events. They do some exercises and sing the camp’s theme song, the Beatles hit “Here Comes the Sun.”

After the meeting, campers split

into five or six groups based on age and ability and participate in activities that vary from day to day. Almost every day includes a field trip, either for small groups or for the entire camp, with outings to amusement parks, bowling, movie theaters, Mystic Aquarium and the beach.

Groups not taking part in the field trips walk to nearby Addison pool to swim during public free swim time.

A recent camp session included a presentation by Jenn Torres of Animal Embassy, a Stamford-based organization that provides visits to schools, camps and other groups to promote conservation and an appreciation of various animals.

The campers sat enthralled as Torres brought out a tree frog and turtles, a ball python, an iguana, a tarantula, and finally a cuddly bunny.

Many took advantage of the chance to pet the animals, although some demurred, especially when the tarantula was making the rounds. Staff members and volunteers sat with the campers throughout the presentation.

Anna Park, recreation supervisor for the Glastonbury Parks and Recreation Department, and camp Director Caitlin Glynn of Wethersfield said the camp would not be possible without its volunteers.

“The program wouldn’t run without them,” Park said. “It’s a life-changing experience for them.”

Glynn, who teaches special education in East Hartford and has worked at the camp for several years, agreed.

“Without the volunteers, this program would not run,” she said.



Mary Peterson of Wethersfield is all smiles at Camp Sunrise.



Elizabeth Lombardo of Wethersfield pays close attention.



Mauro Alamo of Wethersfield points at a turtle.

Over the years, several of the volunteers have decided to go into special education because of their experiences at the camp and some, like Lauren Fisher, a group leader from Glastonbury who volunteered for two years, have become staff members.

"With this being my sixth summer at this camp, I have learned so much from the kids I've worked with," she said.

"The most inspiring thing about Camp Sunrise is the positivity that is in each camper which then rubs off on everyone around them. Every day I can say I leave camp with a smile on my face from the love these campers give and that's the best part."

Mike Dean, a group leader from Wethersfield, works in the Newington Public Schools as a tutor during the academic year and knows some of the campers.

"It's nice to get to know these kids outside of school and see what interests they have," he said. "Doing something as little as going to the pool can make a kid's summer and that's a very rewarding experience."

Donna Johnson, a group leader from Glastonbury, has been involved in the camp for more



Photos by Nancy Thompson

"It's a great program and it started on a shoestring. We get excellent support in town."

– Gilbert Spencer

Gilbert Spencer started Camp Sunrise in the 1970s as a way to offer summer fun to children with special needs.

than 20 years.

"Over these years I have watched children grow and blossom

into amazing young adults," she said. "Being involved has taught me patience, compassion,

and to enjoy life to the fullest. Camp Sunrise is my second family." **WL**

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Growing up in Wethersfield

And learning the value of its rich history

by Thomas Gworek, DMD

Gloria and I were brought up on the wrong side of the tracks; to be more accurate, on the wrong side of the Silas Deane Highway, on side streets near D&D

Market which was Bliss Market for years and when we were kids it was Satriano's Market.

We knew some kids from the other side of the Silas Deane; they came from "Old Wethersfield." There was Jimmy Anderson, whose family had a farm, as well as Frank Morris, another farming family. I wasn't familiar with the farmland, which was the meadows. I thought all the farms in Wethersfield were in Griswoldville, where I often saw cows grazing and a barn here and there.

I also was ignorant of the value of the cove where people boated and fished and ice skated in the winter. Gloria was a good friend of Wanda Jones, whose father was the pastor of the big church in the center of town. Even as a youngster I felt it must be important as it was a large imposing brick structure with a very tall and ornate white tower lighted at night.

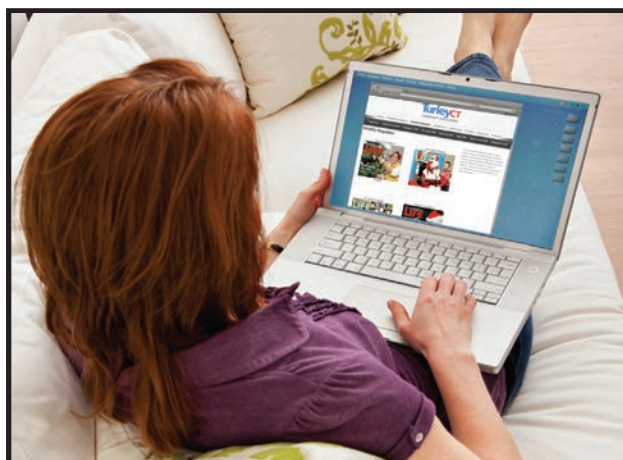
Gloria came from a strict Catholic family so never saw the inside of that church as a child and to her Wanda's father was just another dad, not an important town figure and much-loved clergyman.

I guess we knew that Old Wethersfield must have been special. On the 4th of July, as a Cub and then a Boy Scout, I marched along Main Street into the cemetery to salute the flag and hear speeches. They never did that up our way.

Also, most of the people there seemed to know one another, had similar names and appeared to be in a self-contained community. On our side there were some really strange names because we had all moved here from somewhere else.

There were German, Polish and Irish-sounding names, even an occasional Italian. In Old Wethersfield they had houses with white, dated boards on the front. Old houses, I was told, that were of importance, but they didn't mean anything to me.

We moved away, went to school, got married, had children and then found ourselves



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back in town, once more on the wrong side of the highway as we lived on Wolcott Hill Road close to the high school and not far from the market where we grew up. Living took a lot of our energy and the only time we went to the old part of town was to see our children march, but now they were in midget football uniforms or Little League baseball outfits.

We had to admit that Main Street was beautiful and the church, which we now knew as the First Church, Congregational was an inspiring sight. We were lucky to live in such a quaint old New England town. A wake-up call to its significance would have to wait until our children had grown, finished college and moved on.

Greg, our youngest, had moved to San Diego. On one visit he invited us to tour the "Old City." He especially wanted me to see the dentist's office, as that was my profession. As I stepped through the office door I noticed one of those white signs I had often seen on homes in Old Wethersfield. On it was written, Cir. 1907.

I had to look again, 1907; my house in Wethersfield was almost that old and I never considered it historical. It hit me then, how old those homes in the other part of town were and how special Wethersfield was. I began to pay attention to the history and treasures that were in my own town.

The Ancient Burial Ground, the



Thomas and Gloria Gworek

Congregational church where George Washington had worshiped, the Webb House and barn and the Buttolph-Williams house that is on the National Register, the Old Cove Warehouse and many well-maintained and beautiful historic homes all began to attract my attention and admiration.

Gloria became involved in the Wethersfield

Historical Society. I followed her as we volunteered at events, attended lectures and music performances and we became active members.

We met others, many who have become friends, who were interested in what the old part of town had to offer and were committed to keeping its past as well as more recent, developing history documented and available for our children and their children. It has been an educational, fun and rewarding experience.

This year is the 85th anniversary of the Wethersfield Historical Society and is dedicated as a year of membership growth. We hope to revitalize our very faithful membership with new faces and new ideas.

This will allow us to continue our many educational programs for children and adults as well as to grow our exhibits and archives of past and present Wethersfield history. We have obtained oral histories of World War II veterans and are now collecting histories of those who served in Korea and Vietnam.

I would like to urge people to join, be a supporting member, see what is happening in the other side of town and perhaps get involved. You'll have the time of your life and learn how special our town is along the way. **WL**

For more information about the Wethersfield Historical Society call 860-529-7656 or visit wethersfieldhistory.org.

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National Night Out

Event brings community and public safety officials together

by Allie Rivera
Staff Writer

It was a hot evening as smiling families strolled through Mill Woods Park. The sounds of children laughing as they were tossed around in a bounce house rang out over “Despacito” blaring through a set of speakers during the annual National Night Out celebration.

Now in its 21st year, National Night Out is an annual community-building campaign hosted by public safety officers in towns and cities across the country.

“It gives citizens an opportunity to come out and meet their fire department and police and ambulance in a social environment,” Town Manager Jeff Bridges said. “I think it’s great.”

Originally created by the National Association of

Town Watch, the event seeks to unite residents with police, ambulance and fire personnel in a more relaxed environment.

“It’s good for the community and the police to actually meet and mingle and have conversations that are not normal police work,” Chief James Cetran said.

In addition to a bounce house and face painting for children, the evening also offered a barbecue, with burgers and hot dogs cooked by police officers, as well as representatives from the Eleanor Buck Wolf Nature Center, located at the entrance to the park.

“The police really do a nice job of putting it all together,” Kathy Bagley, director of parks and recreation and social and youth services, said. “I think it’s



Sean, left, and Connel Greenwell, both 5, sat in the grass playing with a guinea pig from the Eleanor Buck Wolf Nature Center.

Photos by Allie Rivera

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neat that the police can interact with the public in a really good event and the community can have a positive interaction with the police."

In addition to letting residents chat with police officers, representatives of the volunteer ambulance and fire departments were present to both entertain and educate.

"I think it's especially good for the kids," Lt. Chris Talanec of the Wethersfield Volunteer Fire Department said. "They see us and know that we're just normal people."

Along with allowing children to closely explore the fire trucks and ambulances, they also brought a smoke simulator to teach children what to do in case of a fire.

"It's important to teach fire prevention," Lt. Dan Spina said. "We bring this to schools and other community events sometimes."

The simulator, which at first glance appears to be a typical camp trailer with a small kitchen and bedroom, produces a non-toxic smoke that fills the trailer. After learning about what to do in case of

a fire, children are tasked with getting out of the trailer through one of the emergency escape windows.

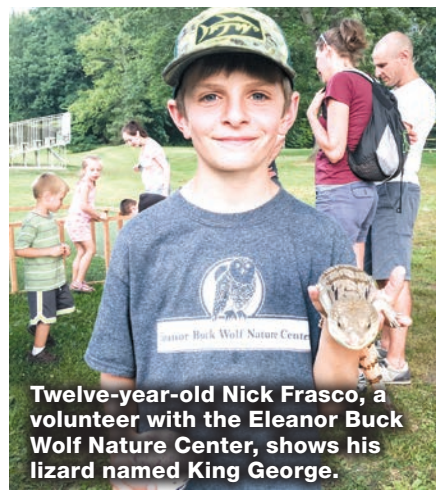
"It's really good for the kids because they really get an understanding of what truly happens in an emergency situation," Bagley said. "It's so nice that all of the emergency services are represented on that evening."

National Night Out is held on the first Tuesday of August each year and the police officers who help to plan it look to bring something fresh to each celebration.

"It's definitely grown over the years," Bagley said. "They've done a nice job of bringing in things that are entertaining for the whole family. It's nice that they bring in the food and this year they had snow cones."

Cetran is happy with the efforts his officers put in to ensure a successful event and he is already looking forward to next year's National Night Out.

"We want people to come on out," Cetran said. "It's something that's really good for the community." **WL**



Twelve-year-old Nick Frasco, a volunteer with the Eleanor Buck Wolf Nature Center, shows his lizard named King George.



Police officers Lt. Don Crabtree, left, and Joel DiLoreto staffed the grill.



Andy Michaels, 5, and Hailey Clarke, 4, practice emergency drills with the fire department's smoke simulator.

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Changing with the times

Pelton's Home Health Care keeps up with customer needs

by Mark Jahne
Editor

Keeping up with changing times and new developments in the home health care industry is always a challenge at Pelton's Home Health Care. The store, approaching its 10th anniversary in its current location, is growing because it continues to adjust to those changes while maintaining a high emphasis on customer service and satisfaction.

Co-owners Bruce and Loucindy Weitzman operate the family run business that started 217 years ago as a pharmacy in Middletown. Its first location in Wethersfield was in

a shopping plaza near the intersection of the Silas Deane Highway and Wells Road. It is now located about a mile further south at 898 Silas Deane.

The Weitzmans decided to focus their business exclusively on home health care and related products in 2005. No more prescriptions, greeting cards and other products found in a typical drug store.

The list of products they carry is seemingly endless and includes osteomy supplies, canes, walkers, hospital beds, post-surgical supplies, wound care, braces, compression apparel, wheelchairs, reclining lift chairs,

bath safety equipment, orthopedic bracing and more.

Other products that allow people to remain safely and independently in their homes include wheelchair ramps, vertical platform lifts, stair lifts and scooters.

"Back in 2005, we switched from being a pharmacy and gifts into doing just medical equipment and supplies," Bruce said.

Two years later they moved down the street, not far from where the Silas Deane intersects with



Loucindy and Bruce Weitzman stands alongside a display of reclining lift chairs at their store, Pelton's Home Health Care.

Maple Street, into a much larger building that better fit their needs.

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"We carry the hip kit," Loucindy said.

That is a box of tools for people who have hip problems and difficulty standing and reaching things. Another item is the iWalk2.0, a wheel-equipped device that enables people with an injured foot or leg to walk without crutches.

"We're the only certified fitter in the area," Bruce said.

He emphasized that his store doesn't merely sell these products. Staff also teach customers how to use them to achieve the optimal outcome. Pelton's fully complies with all trade laws and license requirements.

"We have a lot of people here who have certifications in different things. We have a lot of pride in that," he said. "There's a lot of value in coming to us."

"We have a service and repair department," Loucindy added.

Bruce finds that having his business located in the state's "most ancient town" is an ideal fit.

"Pelton's began much like Wethersfield began, from the Connecticut River. We used to sell things from merchants who came down the river," he said. "As times changed, Pelton's grew with all those changes."

The store is named after Charles Abner Pelton and has been in the family for many years.

"My grandfather was an apprentice under him and eventually took over," Bruce said.

That was in 1928. His father took over the store in the late 1970s. Now it's held by the third generation. Bruce took ownership in 1999 and Loucindy became his business partner as well as his wife when they were married in 2007.

The couple has been to



The 7,000-square-foot showroom includes an area featuring all manner of mobility equipment.

Washington, D.C., to speak with elected officials about enacting laws to make it easier for consumers to acquire needed medical equipment. There is also a mountain of paperwork involved in many of their trans-

actions, especially when insurance is involved.

"That's frustrating for the customer," she said. **WL**

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Old murder case sparks new book

Teacher, restaurateur Bob Colangelo writes 'The Adam Hat Murder'

by Mara Dresner
Staff Writer

On a Veteran's Day in the mid-1960s, Bob Colangelo was hanging out with some buddies in Hartford.

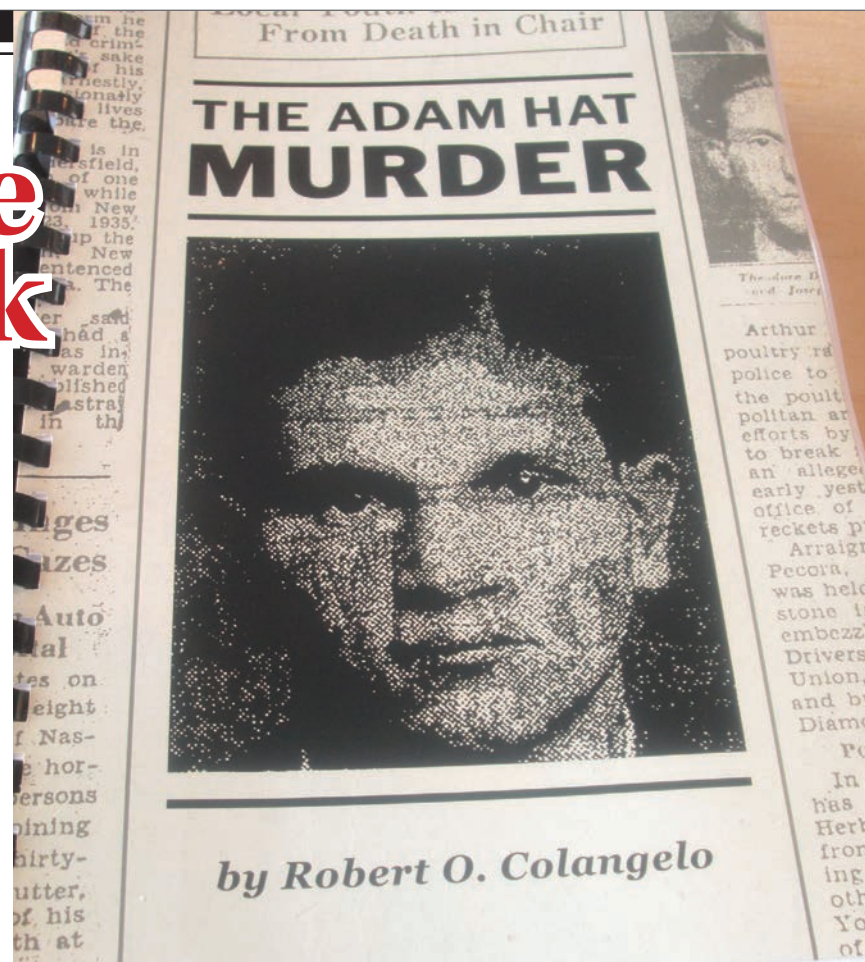
"It was maybe 1965, 1966, we were standing on the corner, on New Britain Avenue and Julia Street, just hanging around, all different age groups. It was like a meeting place, like the Agora of the neighborhood. I remember this like it was yesterday," he said.

"An old car pulled up in front of us, an old Cadillac with big fins and rotted panels. The guy couldn't drive very well;

he parked terribly. The guy looked familiar and looked unfamiliar at the same time. He had on a white dress shirt, no tie, black pants, white socks. He walked past us. He looked at us, we looked at him.

"Somebody says, 'That's Scata. He just got out of Sing Sing.' One of the guys said that he was the rat; he ratted everybody out. He stayed around the neighborhood for a while, then moved to Florida," Colangelo recalled.

That brief encounter with Salvatore Scata made an impact on the young Colangelo, who worked at Combustion



This version of Bob Colangelo's "The Adam Hat Murder" features the transcript from the court case. He also plans to release a shorter version.



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Engineering, taught science at Bulkeley High School for 35 years and, with his wife Joanne, opened Max Bibo's on Capitol Avenue in Hartford in 1985.

Learning about Scata's story piqued his interest and now Colangelo has written a book about the incident called "The Adam Hat Murder." It was a long process.

"The idea was just a curl to begin with," Colangelo, who moved to Rocky Hill from South Windsor in 1997, said. "Writing was difficult to me."

He began researching the project about 12 years ago when he retired from teaching.

"I became intrigued that he was

the rat. I became intrigued about his place in society. He was only 17 then. He spent his whole life in jail," Colangelo said.

"I started to look into it almost as a hobby. The more I looked into it, the more I became interested. The story is compelling; the characters are unbelievable."

The Colangelos made frequent trips to Brooklyn, where the crime had been committed on Labor Day of 1935.

"It was the middle of the night. There were eight young guys, seven Italians, one Jewish kid, all impoverished; this was the Depression. There was a rumor out that one of them had seen a collector on the subway

carrying a bag of cash. This was their pot of gold," he said.

"No one was violent. Their thing was an easy snatch-and-grab. They planned to go to the subway station, push him, grab the satchel. Who was going to buy new shoes? Who was going to buy a good meal? Who was going to pay the rent?"

"The only thing is, as the robbery proceeded, the collector didn't give up the money so rapidly. All of a sudden, two of them had guns and he was shot dead, through the heart, 21 years old. He was going to get married the next month. So that was the murder," Colangelo said.

The robbery was for a good deal less money than they had anticipated:

a bag of nickels and dimes totaling \$260 to be split eight ways. Police asked people to be on the lookout for people spending nickels and dimes. Scata was arrested when he went to buy beer at a bar; all but one of the perpetrators was eventually caught.

"They were charged with felony murder. They were all poor. They were tried in Kings County in five days. They were all tried together. It was like a circus. They were being tried by a special jury. There were hand-picked jurists. They were not taken out of a [jury] pool," Colangelo said.

"It's called a blue ribbon panel; it's a special list of names. The first day was picking jurors, the last day

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was the conviction. The whole trial was three days. Two of them never took the stand. It was injustice, complete and utter injustice, no matter who was guilty or not," he added.

"Most of them were not violent at all. There was one killer in the group and it was Scata, the kid from Hartford. He had killed people before."

Once he began to get into the research, his wife and daughter Cari, who owns Max Bibò's Delicatessen in Wethersfield, encouraged him. It wasn't an easy process.

"It was my daughter and my wife that got me going. They kept saying, 'Why don't you write the story?' I can't even use a computer. Everything thing was handwritten," he said.

In addition to the trips to Brooklyn, he went to Washington and to the Sing Sing Correctional facility in Ossining, N.Y. After he wrote the book, he put it in a drawer.

"I had no idea what to do with it. My daughter said, 'This is a shame. You have to do something with it,'" he said.

That's when he got support with basics such as putting the lengthy book – 593 pages – into a computer format, developing a design, etc.

"It was crazy at our house. It became like a medicine show. This was like an elixir getting it done," Colangelo said. "I had so much fun doing it."

The first edition includes the entirety of the court case. He is planning a second edition that will be 120 pages shorter.

"Mr. C., that's what I've always called him, needed a typist when he began working on 'The Adam Hat Murder' several years ago, as he prefers to write in longhand. My daughter, who is good friends with his granddaughter, agreed to type for him. When she headed off to

college a few months later, I took over the job," Gena Hallisey said.

She recently moved to town after living in Wethersfield for the past 28 years.

"My main responsibility involved typing each chapter of the book after Mr. C. completed them. We would then meet and review them, making edits and revisions. Many times we had to change or edit the chapters several times," she said.


"I also did research for the book, such as locating newspaper articles related to the murder case and subsequent trial. I would also research historical events, politics and popular culture of the 1930s, the time period during which the crime took place.

"What impresses me about Mr. C. is his vast knowledge of opera, cinema, art, sports and history. He writes effortlessly and is able to easily tap into this knowledge in order to incorporate these elements into his narrative. I think this makes the book that

much more interesting," she added.

"Also, he and his wife are big movie buffs, as I am. We spent hours over the years talking about our favorite films, some dating back to the 1940s and '50s. I learned so much from working with him on this book and from our many conversations," Hallisey said.

"I love reading biographies as well as nonfiction and historical fiction books, particularly those set in the late 19th and early 20th century, which is why I became fascinated with this murder case as I worked on the book. I think people who are familiar with Hartford will be very interested in reading about this case, as it has many references to the city and its landmarks.



**"If I
could have
someone put it
on the
computer
right away,
I've got
another story
I'm interested
in."**

– Bob Colangelo



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**"Me not being a writer,
it was hard to do.
I had to have help and direction."**

– Bob Colangelo

"Mr. C. has captured this time period and given life to each of the characters involved in the crime, at times using humor. I think anyone who likes reading real-life crime stories and has an interest in history will definitely enjoy this book."

Cari Colangelo called the book a true labor of love.

"I watched my father research and write this book for years. The story is compelling in and of itself. A tragic story of eight young Brooklyn guys, looking for a way out of their dire circumstances, develop a scheme that becomes each of their undoing. The tentacles of their actions have far-reaching consequences," she said.

"My father captures the essence of the men, the plan, the hopes and the ultimate downfall of all those involved, including the innocent Edwin Esposito, whose young life is taken by The Rat," she added. "It is a gripping novel. I cried, I laughed and I cried some more."

The "Adam hat" in the book's title refers to a type of fedora that Scata dropped at the scene of the

crime. Colangelo said the unfairness that happened speaks to him still.

"I thought I was doing good to tell their story. One of the guys, before he got electrocuted, said, 'This is injustice.' His last words were, 'Injustice triumphs.' He was the least likely to be electrocuted. He never hurt anybody. Scata squealed on him, lied about him. He never took the stand in his own defense," Colangelo said.

"He had an alcoholic father, a brother committed suicide, he went to work when he was 7 years old, his whole life was like that, it was unjust. I don't want to change the world or anything, but it was unjust when it happened. Then it was like nothing when he died. He had kids. It was wrong."

Several Connecticut people figure prominently in the book, such as a Bulkeley High School principal whose petition helped saved Scata's life.

"Not because he was not guilty, but because he was 17. Bulkeley High School became a rallying point for Scata," Colangelo said.



LIFE welcomes input from our readers.

Please send us your letters to the editor, calendar announcements, photos, people notes and story ideas about interesting people and organizations in town. You may send items to LIFE, 540 Hopmeadow Street, Simsbury, CT 06070 or email Mark Jahne at mjahne@turleyct.com.



Bob Colangelo has finished writing "The Adam Hat Murder." It took him about 12 years to research and write the book.

He felt relief when the book was finished.

"Me not being a writer, it was hard to do. I had to have help and direction. It was an effort by everybody," he said.

"It's a wonderful story; the characters are magnificent. There was no truth in the trial; there was no truth in the newspapers. Maybe that sounds cliché, but if somebody has just taken the time to get to the truth," he said.

"Nobody took the time, even when people were getting executed. Not one person would say, 'Do they really deserve to die?' They just went along. The judge went along, the attorneys went along."

Colangelo admits he might have another book in him.

"If I could have someone put it on the computer right away, I've got another story I'm interested in," he hinted, this one having to do with the late Hartford Judge of Probate James Kinsella.

"It never occurred, but in 1984, this probate judge was going to be impeached; he resigned before that, him and attorney Alexander Goldfarb." **WL**

A book signing for "The Adam Hat Murder" will take place from 6 to 8 p.m. Sept. 14 at Max Bibo's Delicatessen, 691 Silas Deane Highway, Wethersfield. The book is on sale at the restaurant and will be available on Amazon starting in September.

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Photos by Allie Rivera



To celebrate her 100th birthday, friends, family and students past and present threw a party for Diane Marinaro, a longtime art teacher with the Wethersfield Art League.

Diane Marinaro celebrated her 100th birthday with family, friends and students over pizza and a cake which reflected her artwork.



“The fact that you look around the room and there’s everybody here, from young to old, that shows how loved she is.”

– Ellen Schuman

Painting at 100

Art teacher celebrates her milestone birthday

by Allie Rivera
Staff Writer

It was a bright and warm afternoon on Wells Road as the familiar refrain of “Happy Birthday” wafted out the windows of the Little Red School House.

Inside, at a time when the Wethersfield Art League typically hosts a class, students and friends instead gathered over pizza and cake to celebrate the 100th birthday of Diane Marinaro, a longtime artist and teacher with the league.

“I’m just delighted that so many

people came,” Marinaro said, looking around the crowd.

Born Aug. 18, 1917, the Avon resident said she has been painting and creating art for nearly her entire life.

“I’ve been doing it forever,” she said.

As a young woman, Marinaro took the opportunity to continue her studies by pursuing a degree in her passion.

“She got her fine arts degree from Yale, back when women really weren’t getting degrees all that

much,” art student and friend Joan Zawacki said. “She’s really got quite a background.”

After earning her degree from that Ivy League school, Marinaro went on to continue her studies, earning a master’s degree from Columbia University, another Ivy League member. Since then, her artwork has been shown in exhibits throughout the Northeast.

“She’s very self-effacing,” Zawacki said. “You wouldn’t know by meeting her, she would

never brag about what she’s done, but she’s shown in galleries all over New York, at many prestigious shows.”

In addition to her own personal painting, Marinaro has been teaching through the Wethersfield Art League as well as other organizations in surrounding towns for most of her adult life.

“It’s been probably about 60 years,” she said. “I do it because I enjoy the people. They get to be good friends.”



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For those who have been in Marinaro's classes, the experience has always been positive. She still continues to teach here every Wednesday.

"She's a very, very good teacher," student Kitty Herrick said. "She doesn't mince words, she'll tell it to you like it is, and that's what makes you better."

According to Zawacki, whenever Marinaro posts a new art class, it quickly sells out.

"Her classes fill up, so you have to register early," Zawacki, who has been Marinaro's student for more 10 years, said with a smile. "She just has a following. She's like the Pied Piper. You can't get rid of us."

Those who have taken her classes praise her skill as a painter and say that is a large part of her appeal.

"She has so much knowledge," student Ellen Schuman said. "Her mind is so incredible. She just breathes art."

While her extensive knowledge in the art world is impressive to her students, it is not the only reason why many return to her classes week after week for years on end.

"She's an amazing woman and a very dear friend," said Layne Marholin, who frequently brings Marinaro's work to art shows across the state. "She's never uttered a nasty word about anybody."

"I mean, look what she's got here," Schuman added, gesturing to the room full of people celebrating the woman's life. "The fact that you look around the room and there's everybody here, from young to old, that shows how loved she is."

Zawacki said that in her eyes Marinaro is a role model and it is her determination and attitude that makes her such a beloved figure in the community.

"She's always so upbeat. She never dwells on her issues," Zawacki said, referring to recent health issues Marinaro has since worked to overcome. "She's always trying to get out and do things."

Marinaro makes it a point to continue engaging her passion for art. She still paints every day, even painting on a small easel in her kitchen when health issues made her unable to move upstairs to her studio.



Diane Marinaro may be 100 years old but she still paints every day. Her work continues to be shown in exhibits across the state, including this piece that was recently showcased in Essex.

Some of her landscapes were on display at the party, including one of her pieces printed on the cake, but she has not limited herself to a particular style of painting.

"I paint anything that comes out of my head," she said. "So I'm never really sure what will come out next."

With her milestone birthday behind her, Marinaro has no plans of slowing down in her teaching or her painting.

"People have asked me that – what's the secret to a long life," she said with a laugh. "Really, I have no idea." **WL**

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Sept. 14, 6 p.m.

Pitkin Community Center, 30 Greenfield St.
The GFWC Newington/Wethersfield Woman's Club invites the public to join its members on a stroll down memory lane to fondly remember Hartford's iconic G. Fox & Co. department store. This program will be presented by the Connecticut Historical Society. Tickets are \$10 and the evening also features a teacup auction, 50/50 raffle, finger sandwiches and dessert. For additional information call Donna at 860-986-9707 or Pat at 860-310-7015.

The Spirit of Aloha

Sept. 16, 2 p.m.

Wethersfield Library, 515 Silas Deane Highway
860-257-2811 or wethersfieldlibrary.org
Tiare Kahana presents a program entitled "Connecting the Body and Mind with the Spirit of Aloha." It combines hula movements with gentle yoga postures and meditation. Registration is required to attend this interactive program. Wethersfield residents only may sign up through Sept. 8 and non-residents will be allowed to sign up after that date.

Antiques 101 Tour

Sept. 16, 10:30 a.m. and 1:30 p.m.

Webb-Deane-Stevens Museum, 211 Main St.
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If you've ever wondered whether the dining set you inherited is really an antique, or hope to hit it big on "Antiques Road Show," this event could prove helpful. It is a workshop-style tour during which participants can learn some of the basics on how to distinguish authentic colonial furniture from reproductions. The program includes a short period of classroom instruction for the antiques novice such as small, handcrafted examples of joints and dovetailing created by the Connecticut Valley School of Woodworking for handling and close examination. Tickets are \$20 and available online.

Confessions of a Curator

Sept. 21, 6:30 p.m.

Webb-Deane-Stevens Museum, 211 Main St.
860-529-0612 or webb-deane-stevens.org
Phillip Mead, director of curatorial affairs and chief historian at the new Museum of the

American Revolution, will present "Confessions of a Curator: A History of the New Museum of the American Revolution in Philadelphia." This free event will be preceded by a wine reception (by donation) at 6 p.m.



Deconstructing the Hamilton Phenomenon

Sept. 28, 6:30 p.m.

Webb-Deane-Stevens Museum, 211 Main St.
860-529-0612 or webb-deane-stevens.org
Fans of the Broadway musical "Hamilton!" may be familiar with the song "Yorktown (The World Turned Upside Down)," but they may not realize that the ground work for the rebel victory there was planned in the home of Joseph Webb of Wethersfield by Gen. George Washington and French General Rochambeau. Variety theater critic and Connecticut arts writer Frank Rizzo will give a lively multimedia presentation on the phenomenon that is "Hamilton!" in the Webb Barn. His talk will be preceded by a wine reception (by donation) at 6 p.m.



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Photos courtesy of Jim Iannone

Project Healing Waters

Program works to help veterans heal, one cast at a time

by Allie Rivera
Staff Writer

Veterans at the VA Connecticut Healthcare System in Newington are working toward healing, one fly and cast at a time. Begun in 2005 at the Walter Reed National Military Medical Center in Bethesda,

Md., Project Healing Waters is an initiative that provides therapeutic outdoor recreation for disabled active duty and retired military members through fly fishing. "That was just the start," Program Lead Jim Iannone said. "It's expanded to be in all 50 states, plus

Germany and Australia."

The program didn't arrive in town until five years ago when Iannone, a Marine veteran who served from 1963-1966, saw a flier in Trout Magazine. The publication is put out by Trout Unlimited, a cold-water fisheries conserva-

tion organization. "It was in the spring issue of 2012. It had the information about it and said 'if you're interested, contact these people,'" Iannone recalled. "That's what led to my involvement." He began working with Newington VA Recreation Therapist

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Pamela Moran and Assistant Chief of Voluntary Services Joe Canzanella to establish monthly meetings at the facility. Led by volunteers, often from the Farmington Valley chapter of Trout Unlimited, interested veterans get together on the third Thursday of each month to learn and practice tying flies.

"They've been doing it for a number of years now and the program has grown in so many ways," Moran said. "The camaraderie I've seen has been so great."

Veterans get together to tie elaborate flies. Their efforts culminate in three yearly outings to private fishing ponds where veterans and volunteers are able to fish.

"There's really nothing like that satisfaction of catching a fish with a fly you tied," Iannone said.

The group's focus is also on education. The volunteers from Trout Unlimited provide one-on-one guidance every step of the way, from learning to tie the flies, mastering casting technique and knowing how to locate the best place to fish.

"The volunteers are fabulous," Moran said. "They work with the veterans so well one to one educating them and they've developed a great rapport with the veterans."

Iannone said that there have been 78 veterans who have taken advantage of Project Healing Waters. Currently he has 22 people attending each monthly meeting.

"There's really nothing like that satisfaction of catching a fish with a fly you tied."

– Jim Iannone

While fly fishing provides a new recreational activity, the benefits of the program have the potential to go much deeper. According to the website of the national organization, Project Healing Waters "is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veter-

ans through fly fishing."

Those physical and mental health benefits were a large part of why Iannone wanted to get involved with this organization.

"My main theme for this is to get in the veterans' heads," he said. "I want to help veterans with service-connected medical issues get whole through fly fishing."

Having the meetings as well as the outings to look forward to can provide a sense of comfort for some of the veterans.

Additionally, the act of tying the flies can prove therapeutic.

"It's meant to be a very relaxing art, because it really is like an art," Moran said. "Doing the fly tying keeps them going throughout

the year."

In his experience, Iannone has seen many veterans who have taken what they've learned and continued in their own lives.

"Some of them just use it as a fly-tying club," he said. "I have a subset of that group that's really getting into it. They're tying flies at home."

Learning to tie flies and getting out in the water can provide a sense of personal peace for the veterans. Moran said Project Healing Waters has also provided a necessary social component.

"We've seen the veterans socialize and interact with each other and with the volunteers," she said. "There's a trust that's developed with the volunteer. The veteran knows that they have the patience to work with them and learn it."

Having witnessed firsthand the benefits of Project Healing Waters, Iannone is reaching out to hospitals and mental health centers in Connecticut to let more veterans know about the program. His next goal is to reach out to the VA hospi-

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Those involved in Project Healing Waters in Newington meet once a month to learn how to tie flies for fly fishing. The group takes three outings a year to private ponds in Connecticut.

tal in West Haven.

“My hope is to get into the hospital and get some in-house programs there,” he said. “I’m also reaching out to try to get more info into PTSD [post traumatic stress disorder] clinics.”

Getting veterans to join the program can be a challenge, regardless of how much he promotes the group.

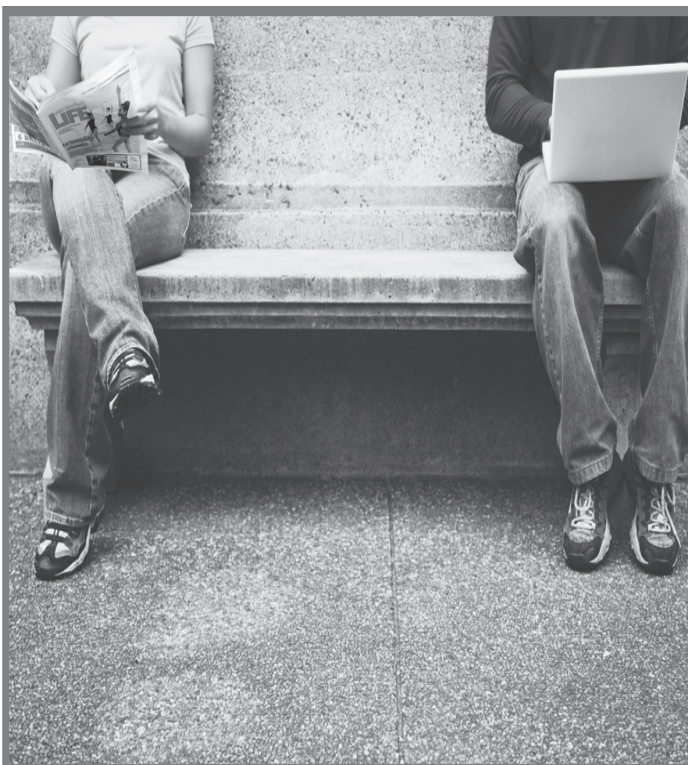
“One of the problems with having vets step up to participate is that they’ve got to be the ones that come forward,” he said. “They have to

come to us and say, ‘I’m ready to open up and do this program.’ I can’t force anyone to do this.”

For those who have participated in Project Healing Waters, the benefits and joy it brings have been enough for them to continue.

“We have veterans that have been with it since day one,” Moran said. “I love the program and seeing it just blossom into a wonderful connection for everybody involved.” **WL**

For more information visit projecthealingwaters.org.



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Middle school pupils make the grades

The following students were named to the third trimester honor roll at Silas Deane Middle School.

Grade 7

General Honors

Alani Adams, Aliza Aijaz, Mazen Altows, Louisa Amoroso-Whittles, Brooke Arnold, Luciana Auteri, Benjamin Baby, Naveen Bangalore, Olivia Barnett, James Bellas, Kathryn Bello, Gabrielle Berasi, Brian Bianchi, Aisling Bourbeau, Luka Bushi, Martina Carbone, Adriana Cruz, Abigail D'Agnese, Riley D'Amato, Greta Dalton-Kay, Alanna DePinto, Olivia Dizes, Megan Doshi, Amy Dupont, Ava Dyjak, Chastity Ettienne, Michael Ferris, Riley Ford, Daniela Generis, Zachary Goodin, Roshini Gopaul, Alexa Grenier, Josh Gstell, Irma Guster, Jack Hedstrom, Ava Heimgartner, Adele Hong, Emmeline Hong, Valerie Huaqui, Alexander Jara, Kaitlyn Karanian, Bridgid Kennedy, Robert Kennedy, Kareena Khadar, Cristina Kiniry, Andrew Knapp, Maxfield Langdon, Jake Laurie, Mindy Le, Kade Lippitt, Lola Lombardo, John Lynch, Ethan Malloy, Zoe Martin, William McCarter, Andrew McDonough, Emily McGuire, Emily Miller, Julia Miller, Vasquez, Montoya Cooper Moreau, Andrea Moyano, Evan Munger, Alexander Murphy, Sheila Muskic, Rowan O'Connor, Lillian

O'Neil, Gabrielle O'Neill, Amar Okanovic, Colin Pace, John Pedraza, Konstantina Petropoulos, Sophia Pirrotta, Mia Popowycz, Anthony Pretter, Colby Quinn, Tatum Radacsi, Amisha Ramnarace, Maren Riley, Paulina Rivera, Leonard Rozario, Taylor Sackett, Isaac Santiago, Gabriela Santos, Tomas Santos, Joseph Segreto, Sarah Seymour, Claire Sipes, Fiona Sisson, Meghan Sousa, Liam Stec, Nicole Strickland, Connor Swanson, Sophia Sywenkyj, Anissa Tapia, Karleigh Tinker, Ethan Torres, Megan Tranberg, Amar Velic, Dylan and Anisa Zoto.

Grade 7

High Honors

Ella Alger, Naida Alihodzic, Olivia Amodeo, Mackenzi Banet, Joseph Bellas, Jessica Bianchi, Cindy Biraci, Molly Bowers, Andrea Buzas, Emma Cabral, Heleina Cicero, Jaime Condon, Minh Dinh, Sean Dunn, Jake Errickson, Christian Friedman-Ringwood, Liliana Garcia, Joseph Giarratana, Jeremy Gilbert, Jaden Goodsell, Sarah Gurskis, Samuel Gustafson, Kathleen Hattie, Emma Hucks, Samuel Johnson, Abigail King, Rita Konjusha, Jack Kulpa, Grace Lisella, Logan Lisella, Olivia Lonski, Emily MacDonald, Emily Messina, Henry Misseri, Taylor Moran, Vivian Nguyen, Ava O'Neil, Evan Partridge, Caroline Provost, Madyson Ramsey, Charlotte

Seitzinger, Elizabeth Silver, Nathan Stabach, Jack Susca, Lena Uccello, Kenny Vu, Cameryn Wilkinson, Julia Wilson and George Zack.

Grade 8

General Honors

Taylor Adduci, Thomas Aglieco, Adelyne Andino, Dana Andrews, Meghan Appel, Crystalee Arroyo, Christian Bahouth, Camille Barone, Nadia Baroni, Kyle Beasley, Michael Bobin, Isabella Bonvisuto, Jacob Bradley, Sienna Brodeur, Audrey Buccheri, Sydney Budaj, Juliana Buonopane, Dominic Butler, Adriana Cabrera, Morgan Cathcart, Aaron Cholewa, Kendall Cholewa, William Civitello, Eamon Coggins, Isabella Contreras, Evan Coppa, Mia Destefani, Sarah Detrick, Mehmedina Duric, Kyle Esoian, Owen Gagne, Hadden Gaunt, Hannah Gebhardt, Faith Giannini, Alexander Ginter, Haylie Gomez, Charles Gray, Meghan Gregorski, Kate Griffin, Gabriella Gulino, Lejla Guster, Declan Hallinan, Anna Hart, John Hart, Kennedi Hill, Tiago Huynh, Elma Huzejrovic, Rian Jackson, Sierra Judson, Madison King, Dylan Knapp, Jacob Kozlowski, Andrew Labbe, John Lisella, Samuel Logan, Alexandra Lombardo, Nathan Malicki, Adriana Mantilla, Samuele Marchio, Admir Masic, Ninell Mnatsakanian, Alison Monroe, Ethan Moreschi, Alexa Morrissey, Paige Muscillo, Marcus

Nieves, Camila Nobre, Anis Nurkic, Ariana Padilla, Shiv Patel, Daniel Pellegrino, Sequoia Perryman, Lauren Peruta, Shelly Pettengill, Kayla Platania, Ivan Ren, Natali Rios, Taylor Roberts, Amanda Roeder, Veronica Rondinelli, Autumn Sankofa, Giuliana Serrao, Genna Sharp, Ethan Sitler, Jonathan Skowronek, Krysta Szymecki, Olivia Szymecki, Jenna Toce, Franco Tomaino, Clare Tonucci, Hayley Troy, Adrianna Uccello, Joshua Velecela, Ana Villagra, Taylor Wallowitz, Xavier White, Emily Wolf, Brendan and Zachary Zurzola.

Grade 8

High Honors

Gabriella Amoddio, Kate Anzidei, Erin Bankowski, Michael Bielak, Ava Bielenda, Cristin Blake, Jennifer Breglio, Erica Christie, Bryce Cox, Alexandria D'Onofrio, Madeleine Day, Sophie Gustafson, Garrett Hart, Erica Hertle, Annie Klementon, Emma Klementon, Haley Krawczyk, Vincent Milluzzo, Sean Moquin, Carrie Nguyen, Dimple Patel, Lillian Peak, Lindsey Pia, Julia Pitchell, Brian Puglielli, Elizabeth Rich, Madison Righi, Kaitlin Ryan, Ava Sargent, Kathleen Sullivan, Isabella Taverney, Lorien Touponse, Gabriela Villagra, Victoria Villagra, Julia Ward, Devon Whelchel, Riley Wilhelm, Nazanin Zaer, Ella Zagaja and Natalie Zwick.

Academic honors earned at Corpus Christi

The following students were named to the third trimester honor roll at Corpus Christi School.

Grade 6

High Honors

Graciella Davis and Catherine Murphy.

Honors

William Aponte, Shannon Arsenault, Gabriel Chavez, Jade Colon, Sean Devito, William Epright, Jacob Greco, Matthew

Lam, Shannon McNally, John Orchen-Baker, Brendan Peary, Isabella Stevens, Isabella Uvino, Allen Vidallon and Alyssa Watkins.

Grade 7

High Honors

Grace Andrea, Elizabeth Brown, Benjamin Carso, Arielena Lang, Regina Miller, Paula Opena, Elizabeth Orchen-Baker and Emilia St. Pierre.

Honors

Niko Anastasiades, Deven Austin, Madilyn Carbone, Andrew Cataldi, Eamon Conneely, Michael DelMonaco, Calle Dennis, Adriana Diaz, Dillon Gallo, Nudrat Khan, Matthew Marotta, Julius Nunez, Caroline Peak, Daniel Raymond, Alison Wagner and Mathieu Zazzaro.

Grade 8

High Honors

Julia Gardow, Claire Murphy, Elisia

Pagliuca, Reid Paiva, Anthony Satrohan, Brian Satrohan, Eduardo Serrano and Brendan Zawisa.

Honors

Elizabeth Adams, Alesandro Altavilla, Katherine Antico, Emily Bielawiec, Grace Devito, Luke Discenza, Jack Hemenway, Luke Holyfield, Sarah Karwic, Caitlyn Kownacki, Colton Malloy, Emily Murphy, Dominic Rossetti, Margaret Sadak, Connor Silbo, Brendan Slack, Lauren Trymbulak, Dana Vatafu and Jacob Wirtes. **WL**

It's almost ^{Wethersfield 33rd Annual} Cornfest time

The Wethersfield Chamber of Commerce's Annual Cornfest returns for its 33rd year Sept. 16. Show hours are 10 a.m. to 5 p.m. An estimated 7,000 people are expected to visit the on the Broad Street Green in Old Wethersfield to partake of this event.

Attractions will include up-and-coming musical acts and dancers, Wethersfield High School Band and main stage music featuring the Number 9 Beatles cover band. The Connecticut Child Identification Program

(CHIP) will be on hand for parents who have children under age 18.

Celebrity judges will select the best apple pie. Come try something new from the participating restaurants, learn about local businesses and shop area crafters. Activities for children include inflatable rides and hayrides.

Applications to participate are still being accepted from PTOs, nonprofit organizations, crafters, food vendors and businesses. Application forms can be found on the chamber website wethersfieldchamber.com.



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Funnel Cake
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Old Wethersfield Shopkeepers



Saturday Sidewalk Sale

September 16th • 10am - 4pm

Stroll the sidewalks of Main Street in Old Wethersfield before or after the

Cornfest and look for the Balloons

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Heart of the Country - 169 Main St.

Antiques on Main - 165-167 Main St.

Old Wethersfield Country Store - 221 Main St.

Heirloom Market - 263 Main St.

Neill Walsh Goldsmith - 125 Main St.

Wethersfield Museum/Keeney Cultural Ctr. - 200 Main St.

Stage Schedule

11:30 am WHS Cheerleaders
12:00 pm WHS Marching Band
12:30-2:30 pm The #9 Band (Beatles Cover)
2:30 pm Apple Pie Contest
3:00 pm Dance 10 (Come Dance with Us)
3:30 pm Limelight Dance
4:00 pm WHS Dance Team

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Saturday, September 16th

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Pull out this Keane Foundation Fall 2017/W



Fall 2017/ Winter 2018 Upcoming Events

Family Picnic of Remembrance of 9/11

Sunday, September 10, 2017, 5-7 pm
Wethersfield Broad Street Green

Movie on the Green WSPCI Event

Friday, September 22 - 5:30 pm
Bring your own picnic - DJ Games and Movie! Wethersfield Broad Street Green. Rain Date Sept. 29

Keane on Kids After School Programs

Beginning September 18. See Town of Wethersfield Parks and Recreation Brochure for individual programs

Cove Side Carnival

Cove Park Wethersfield
October 13, 14 & 15

FREE Saturday Basketball

December 2, 9, 16
January 6, 13, 20, 27
February 3, 10, 24
March 3, 10, 17, 24

Grades K-3 10:30 am - 12 noon
Grades 4-6 12:30 - 2 pm
Grades 7+8 2 - 3:30 pm
9/11 Memorial Sports Center Gym

Kids Vacation Day

9/11 Memorial Sports Center

Wednesday, December 27 and
April 11, 2018. 9/11 Memorial Sports Center

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Sales at Wethersfield Travel

December 1-22. Sales end at noon on Friday 12/22

9th Annual Keane Foundation Cove Side Carnival!
October 13, 14 & 15, 2017
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Keane Foundation grants to the community

As The Keane Foundation goes into our 17th year of enrichment programs for children in the community, we continue to support programs whose mission is similar to the Keane Foundation's Mission. The Mission of the Richard M. Keane Foundation is to support, sustain, and develop programs for the community that will offer sports, fitness, educational and recreational programs. Grants are decided by number of children who benefit, amount requested and ability to reflect the Keane Foundation mission. Community organizations with a program that needs support should visit our website for details.

Spring 2017 Grants awarded:

Wethersfield Public Schools Art Dept.
Emerson-Williams School
Creative Arts Council, Dr. Dribble
Creative Arts Council, Rob Surrate
Wethersfield Youth Advisory Board
Wethersfield Social and Youth Services
Wethersfield Public Library
Charles Wright School
Wethersfield Public Schools Art Dept.
Madres Latinas de Wethersfield

Movie Night

Wethersfield Elementary Schools Parent Council and The Keane Foundation present

September 22, 2017 **"Minions"**
Rain Date is September 29

Wethersfield Broad Street Green 5:30 p.m. - Bring Your Own Picnic and enjoy the DJ and Games. Movie time is at dusk! Movie Night on the Green is made possible with a Keane Foundation grant.

KEANE FOUNDATION
Where Everyone Plays and Wins

FREE Open Gym on Saturday!

FREE Basketball on Saturdays for boys and girls at the 9/11 Memorial Sports Center. Open gym days will be for "Pick-up" games of basketball only, not for team practice. Boys and girls are invited to play, however, supervisors will determine the division of play. Families are encouraged to drop in and enjoy a game together as well. See Fall Parks and Recreation Brochure for more information.

Saturdays
December 2, 9, 16
January 6, 13, 20, 27
February 3, 10, 24
March 3, 10, 17, 24

This schedule is subject to change. Cancellations will be posted on the Northeast door when needed.

Slice of LIFE

photos by Lisa Brisson

Despite a few raindrops, there was plenty of golf played, all for a great cause, as the 20th Annual Dollars for Scholars Golf Outing was held Aug. 7 at the Wethersfield Country Club, which co-sponsored the fundraiser. Since its founding in 1974, Dollars for Scholars has distributed \$2,897,950 to 3,567 Wethersfield students. In 20 years, the golf outing alone has produced \$194,400 toward the annual scholarships as well as creating an endowment of \$182,609 to fund future scholarships.



Dollars for Scholars Golf Outing

1. Honorary Chairman Paul Montinieri and Dollars for Scholars Committee member Bill Quirk. **2.** Bobbie Hughes Granato, chairman of the Board of Education, catches up with Tony Martino and John Morse. **3.** Justin Coffey tees off. **4.** Mary Clare Quirk, a member of the Wethersfield Dollars for Scholars Golf Outing Committee, prepares for a day of golf. **5.** Gina Cusano, a member of the Golf Outing Committee, checks in golfers with Dollars for Scholars Co-President Lori Willin. **6.** Trish Gerard and Angela Kenny. **7.** Wethersfield High School seniors Will Stabach and Sara Puglielli, who sold mulligans to golfers as a community service project with the school's National Honor Society, sell a few to John Oldham. **8.** John and Dorothy Cassandra have a blast on the putting green. **9.** Wethersfield Country Club Pro Josh Detmer explains the rules. **10.** Gloria Gworek, Shirley Davies, Tony Butcher, Ann Drayton and John Oldham have fun checking out all of the items up for auction. **11.** Sara Felter and Cris Walsh. **12.** Connie Watson checks out the teacup and silent auction items up for bid. **13.** Jim Stack gets his clubs ready. He said he has played in the Dollars for Scholars outing for the past 10 years. **14.** Michael Dinnie tees off. **5.** Wethersfield Dollars for Scholars Golf Outing Committee members Geri Drake and Pam St. Jean, standing, along with Maureen Horowitz, Debby Epp and Linda Wood, were busy making sure everything ran smoothly at the 20th anniversary fundraiser.



How to make bedrooms more conducive to sleep

Insufficient sleep causes more problems than many people may know. Fatigue after a poor night's sleep might seem like an inconvenience that can be easily rectified, but the long-term effects of insufficient sleep are significant.

According to the National Sleep Foundation, researchers have found a link between insufficient sleep and an elevated risk for type 2 diabetes. In one such study exploring that potential link, researchers asked healthy adults to sleep just four hours per night for six nights. At the conclusion of that period, participants' ability to break down glucose had decreased by an average of 40 percent and reached levels that are consistent with those of older adults at risk for diabetes.

Insufficient sleep may be linked to any of a host of factors, including one's bedroom environment. An environment that promotes restful sleep can help people suffering from insomnia or restlessness improve the

quality of their sleep. The NSF offers the following tips to make bedrooms more conducive to sleep.

- **Set the right temperature.** The NSF notes that research indicates a bedroom temperature of roughly 65 F makes for the best sleep. Human beings' body temperatures rise and fall throughout the day, reaching their lowest level around 5 a.m. each day before slowly climbing as morning begins. A room that is too warm overnight may interfere with this natural dip, leading to restlessness. If necessary, install a programmable thermostat so the room temperature remains steady.

- **Address allergens.** Some people may trace their sleeping difficulties to allergies. Dust and pollen in the bedroom can make for a disruptive night's sleep. Wash bedding once per week in hot water if dust mites are proving problematic. If pillows cannot be washed, dry them using high heat to kill dust mites. Cover the mattress in a mattress protector that guards against allergens and dust



mites. If pollen is finding its way into the bedroom, always keep bedroom windows closed.

- **Use a white noise machine.** Noise is another potential contributor to poor sleep. The NSF notes that some people may have their sleep interrupted by noise even if they don't know it. White noise machines are often used to help infants sleep, but such machines can be just as effective at helping adults. The NSF notes that the constant ambient sound

created by white noise machines masks activity both inside and outside the house.

- **Draw blinds, shades or curtains.** Waking up to sunlight each day might be nice, but that morning sunlight may be interrupting your sleep. Early morning rays from the sun might be triggering your body to wake up before it's had adequate rest, so make sure blinds, shades and curtains are drawn before going to bed.

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

7 Burying Ground Tour, 10 a.m., First Church of Christ in Wethersfield, 250 Main St., \$5 fee, 860-529-7656 or wethersfieldhistory.org

Wethersfield Art League, 6:30 p.m., Silas Deane Middle School media center, 860-666-9992 or 860-306-2079

9 Burying Ground Tour, 11 a.m., First Church of Christ in Wethersfield, 250 Main St., \$5 fee, 860-529-7656 or wethersfieldhistory.org

150 Prospect Coffeehouse, 6:30 p.m., Wethersfield United Methodist Church, 150 Prospect St., 860-614-5158 or tanjam@comcast.net

14 Walk Around Old Wethersfield, 6 p.m., Keeney Memorial Cultural Center, 200 Main St., \$5 fee, 860-529-7656 or wethersfieldhistory.org

Remember G. Fox & Co., 6 p.m., Pitkin Community Center, 30 Greenfield St., 860-986-9707 or 860-310-7015

16 Cornfest, 10 a.m. to 5 p.m., Broad Street Green, wethersfieldchamber.com

Walk Around Old Wethersfield, 10 a.m., Keeney Memorial Cultural Center, 200 Main St., \$5 fee, 860-529-7656 or wethersfieldhistory.org

Antiques 101 Tour, 10:30 a.m. and 1:30 p.m., Webb-Deane-Stevens Museum, 211 Main St., 860-529-0612 or webb-deane-stevens.org

Connecting the Body & Mind with the Spirit of Aloha, 2 p.m., registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

19 Author F. Mark Granato, 6:30 p.m., registration suggested, Wethersfield Library, 515

Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

21 Teen Paint Party, 2:30 p.m., for grades 7-12, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

Confessions of a Curator, 6:30 p.m., Webb-Deane-Stevens Museum, 211 Main St., 860-529-0612 or webb-deane-stevens.org

21 Astrological Society Lecture: The Journey of Life & Understanding Transits, 7 p.m., Keeney Memorial Cultural Center, 200 Main St., 860-568-8617

26 GFWC Newington/Wethersfield Woman's Club, 6 p.m., Newington Rapid Recovery Center, 240 Church St., 860-667-2256

28 The Marshmallow Challenge, 2:30 p.m., for grades 7-12, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

Deconstructing the Hamilton Phenomenon, 6:30 p.m., Webb-Deane-Stevens Museum, 211 Main St., 860-529-0612 or webb-deane-stevens.org

30 Classical Guitar Recital, 2 p.m., registration suggested, Wethersfield Library, 515 Silas Deane Highway, 860-257-2811 or wethersfieldlibrary.org

Is your club, community organization, school or house of worship holding an event open to the general public? If so, please send us the details for inclusion in our calendar. Email your events to Mark Jahne at mjahne@turleyct.com or mail them to Turley CT Community Publications, 540 Hopmeadow St., Simsbury, CT 06070.

News roundup

Parties endorse candidates

The two major political parties recently endorsed slates of candidates for the Nov. 7 municipal election. As of press time, there were no third party or independent petitioning candidates.

Whoever wins, there will be a new mayor because Paul Montinieri has decided to step down from the Town Council. The Democratic slate for council is incumbents Amy Morrin Bello, Tony Martino and Anthony Spinella joined by Matthew Forrest, Mary Breton and Kenneth Lesser.

The Republican council slate is led by incumbents Michael Rell, Michael Hurley and Jodi Latina. Former councilor Stathis Manousos returns for another try and the remaining candidates are Tom Mazzarella and Mary Pelletier.

Democrats seeking seats on the Board of Education are incumbents Polly Moon, Kevin Hill and Elaine Steinmiller-Paradise, joined by Ginger McCurdy. Moon and Hill are seeking four-year terms while Steinmiller-Paradise and McCurdy are competing for two-year terms.

Incumbent Republican John Cascio and newcomer Lew Michaels are seeking four-year seats on the school board. GOP candidates vying for two-year terms are Charles Carey and Chris Healy.

Don't mess with the chief

Police Chief James Cetran may be an administrator now, but he still remembers what police work is like out on the street. He spotted an alleged shoplifter one day in early August and captured the man as he tried to escape, pinning him to the ground.

The store had already called the police and the first patrol car arrived as the chief was securing the suspect. A video of this incident recorded on the dashboard camera of Cetran's car can be seen on the department's Facebook page.

WVAA reports activity

The Wethersfield Volunteer Ambulance Association responded to 51 emergency calls for service during the month of July. They included



Police Chief James Cetran



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21 basic life transports and 14 advanced life support transports to area hospitals.

Volunteer EMTs provided 1,298 hours of service to local residents. In addition, they held a free EMT training class for four Wethersfield High School students.

Six are named Eagle Scouts

Evan Booker, Collin Grottke, Brian Heavren, Alex Kanya, James O'Connor and Evan Setzko of Boy Scout Troop 85 were officially recognized as Eagle Scouts in a ceremony at the Mark Twain House and Museum in Hartford. Each was required to conceive, organize and lead an Eagle project as part of the requirements for scouting's highest rank.

Evan constructed a stage for the amphitheater at Marlborough's 4-H Camp. Collin refurbished the aged tables in St. Paul's Evangelical Lutheran Church in town. Brian renovated the amphitheater at the 4-H camp.

Alex constructed a turn-out shed for horses at Manes and Motion, a farm in Middletown that services people with disabilities. James improved the garden at the Elmwood Community Church in West Hartford with the installation of four new garden beds and Evan repaired and expanded seven fire pits at the 4-H Camp.

Join the woman's club

The GFWC Newington/Wethersfield Woman's Club meets at 6 p.m. on the fourth Tuesday of most months at the Newington Rapid Recovery

Six are named Eagle Scouts



Rehab Center, 240 Church St., Newington. The club meets during the months of January, February, March, April, September, October and November. The festivities start with coffee, followed by a guest speaker and then the meeting. Any woman interested in learning more about the club is welcome to attend.

Art competition seeks participants

Artists are invited to submit their new work for a

juried fine art competition and exhibition presented by the Wethersfield Academy for the Arts. It will be juried by Douglas Hyland, director emeritus of the New Britain Museum of American Art.

Awards will be given in several categories. The deadline for registration and submission is Sept. 25 and this exhibition is scheduled from Oct. 7-21. For details visit wethersfieldarts.org or call 860-436-9857. **WL**



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Busy all summer

Wethersfield Academy for the Arts
welcomes all ages

by Mark Jahne
Editor

Painting, drawing and all of the other skills don't take a rest during the summer months at the Wethersfield Academy for the Arts. Students of all ages have been honing their skills in its barn on Hartford Avenue.

One recent example was the summer drawing and painting class conducted by instructor

Nick Frasco. Thirteen students ages 8-16 were learning how to draw in the Japanese anime style of art.

"Mostly, it's watercolors, but it's colored pencil, too," Frasco said. "It's a chance for them to learn different media."

Anime can be fun because it allows the young artists to exaggerate the size of the eyes, as one example. He teaches numerous



Photos by Mark Jahne

Kathryn Engberg paints in an atelier class in the academy's loft.

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FALL Arts



Kaci Corkins focuses on her art.

classes for children at the academy.

"It's giving them some really good basic training in a fun atmosphere," Frasco said.

The idea is to provide these students with the basics of drawing, composition and painting, how

to mix and apply paint, and how to use a variety of art materials.

Ongoing Saturday classes are offered throughout the year. He also teaches a cartooning animation class.

In another room, two students were involved in a class on beginning embroidery. Half a dozen adults were quietly painting in an atelier class up in the loft.

"It's normally a six-week program," academy President Betty Standish said of the summer classes. "It's popular; there's a camaraderie. We try to offer new things."

She particularly enjoys presenting classes that appeal to children and help them learn to put down their cell phones and focus on their inner creativity. They light up when they realize they can develop manual as well as digital skills.

Standish is a firm believer that



Lily Onderdonk uses an image of the Beatles on her electronic pad as a resource to draw them anime style. She also enjoyed listening to their music while creating her artwork.

Nick Frasco, who teaches several youth classes at the academy, works with students in a summer anime drawing workshop.



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Art: Robin Frisella, *True To My Core*, pastel
Michael Johnson, *Vessel*, metal

FALL Arts



Milo Flannery steps back to review his paintings.

art opens people up to new ways of thinking. She is delighted that all is going well at the academy.

"This fall is going to be even more interesting because we have our biannual

competition," she said.

That event is being moved from Heirloom Market at Comstock Ferre to the Keeney Memorial Cultural Center to avail itself of greater display space. **WL**



Emma Weitz works on her embroidery under the watchful eye of instructor **Lynn Payette**.



Dani Branciforte participates in a beginner's embroidery class.



Teaching Assistant **Alex Ranniello** is studying painting at the Hartford Art School, part of the University of Hartford.



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Editorial

Hate has no place in America

The recent events in Charlottesville, Va., are a wake-up call to the rest of the United States of America. More than 240 years after the founding of this country and more than 150 years since the end of the Civil War and the abolition of slavery, there are still people who foster hatred, racism and bigotry toward their fellow citizens.

That should come as no surprise. This country has always struggled with race relations and increasing racial, cultural, religious and ethnic diversity. Recent years have added a growing number of different sexual orientations to that list.

Some people can deal with all of that better than others. Some embrace, some generally accept, some don't understand, some may even disagree. That's their right.

But they do not have the right to promote violence against people who do not look and think like them. America was founded as a country of immigrants and remains so today. Unless your body contains Native American blood, you or your ancestors came here from somewhere else.

Totalitarian states are simple in their design. Everyone is expected to walk, talk and behave in the same manner. To do otherwise, especially if it involves criticism of the govern-

ment, is to risk ostracism, harassment or even imprisonment.

Freedom is a much better approach, but it comes with challenges. The First Amendment grants every American the right to free speech. We can say almost anything we want without fear of penalty, even if it is hurtful or offensive.

That is especially true when it comes to political speech, perhaps the most protected kind of expression. People should be able to praise or criticize their government and its elected and appointed officials. They should be allowed to advocate for change or maintaining the status quo and utilize passionate language in doing so.

But it crosses the line when that sacred American right is used to promote hate, bigotry and violence. That's not liberal speech or conservative speech. It's straight-out evil and should be regarded as such.

White supremacists, neo-Nazis, anti-Semites, The Ku Klux Klan and any other groups that espouse hate and intolerance need to be rejected and opposed by the good people of this country.

We may not be able to change their minds, but we can at least send the message that their views are not welcome in a free country that proclaims all of its citizens to be equal in the eyes of their creator and under the law.

Letter

Saddened by DiCicco's passing

To the Editor:

I was stunned when I read about the death of Tony DiCicco, soccer coach of the USA Women's 1999 World Cup championship team. I have had the pleasure of meeting Tony a few times at the Soccer Champion Coaches' Clinic at the Mohegan Sun and heard him speak and introduce guests a few times more.

While he is a legend in the soccer world and

Connecticut soccer, what struck me the most about Tony is that he was a humble man who enthusiastically passed on his passion and knowledge of the sport of soccer to ordinary parents coaching their son's or daughter's soccer team, to Olympic soccer coaches, and everywhere in between.

The people he brought and introduced at the coaches' clinic not only taught about technical and tactical

skills, or high-level physical conditioning, they taught about how to be a leader and a good teammate.

I believe it would be a fitting tribute if the Wethersfield political leaders, George Ritchie Soccer Club, coaches, former players and friends of Tony could improve a soccer field or build a sports complex to honor his name, his legacy and the philosophy that he brought to soccer.

Raul A. Rodriguez

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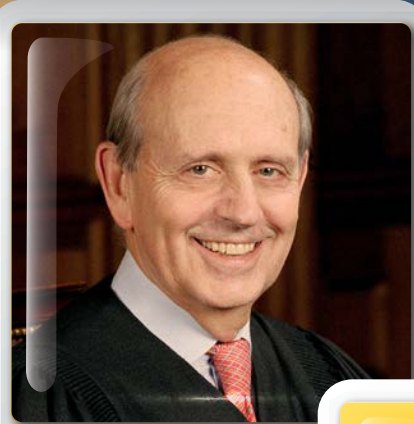


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Meet Diego and Nilla



Diego

Diego is a male Basset Hound, 11 years old, but still full of love. He exhibits a moderate level of activity and needs some daily exercise. The perfect place for him would be a single-family home with children of any age and he would be a great companion for a family with no prior pet experience.



Nilla

Nilla is a female 5-month-old domestic shorthair who still exhibits the high energy level of a kitten. She is an indoor cat only and might be OK living with other pets. Children in the home should be 15 or older.



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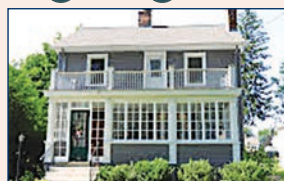
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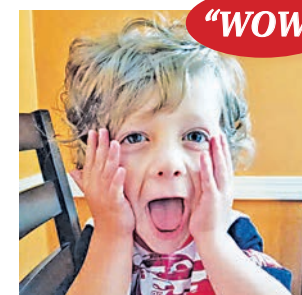
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Back to School

Tough transitions

How to handle the new faces and places that make going back to school overwhelming

by Alicia B. Smith, Mara Dresner and Allie Rivera
LIFE Staff

School years are filled with numerous transitions for students and parents alike. Each fall brings new opportunities for learning, new chal-

lenges, new classmates, new teachers and increased responsibilities. Navigating these changes can be challenging, but area experts also have tips for smoothly sailing

on to each new horizon.

Middle school to high school

"Ninth grade is a tough transition," Mario Almeida, principal

of Rocky Hill High School, said. "For most kids, it's a brand new building so it's important to start off on the right foot."

In many districts, the shift from a middle school setting to

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high school can be a particularly difficult transition due in large part to extended freedom and responsibility.

"Middle school students, at least in Rocky Hill, are on a team, so they don't really leave the confines of that team," Almeida said. "At the high school you're travelling on your own. You're given a lot of freedom and you're also given a lot of room to make some mistakes."

Along with those additional responsibilities within the school building, students at the high school level are also responsible for their own academic progress, making time management an important skill to develop.

"You've got to put some time every night into some homework, and if you don't have homework, you have to study for that quiz or exam that's coming up," Almeida said. "Waiting until last minute to study for an exam is not going to fly at the high school."

Although students are given more responsibilities at this level, Almeida stressed that no student should feel

they are tackling new challenges alone. There are a great deal of resources at the school for those who may feel they are struggling to adjust, either academically or socially, however students need to be proactive in seeking out help.

"Don't wait until you're failing to speak up," Almeida said. "Ask your teacher for help. When kids take the initiative to go see their teachers, the teachers are of course going to help."

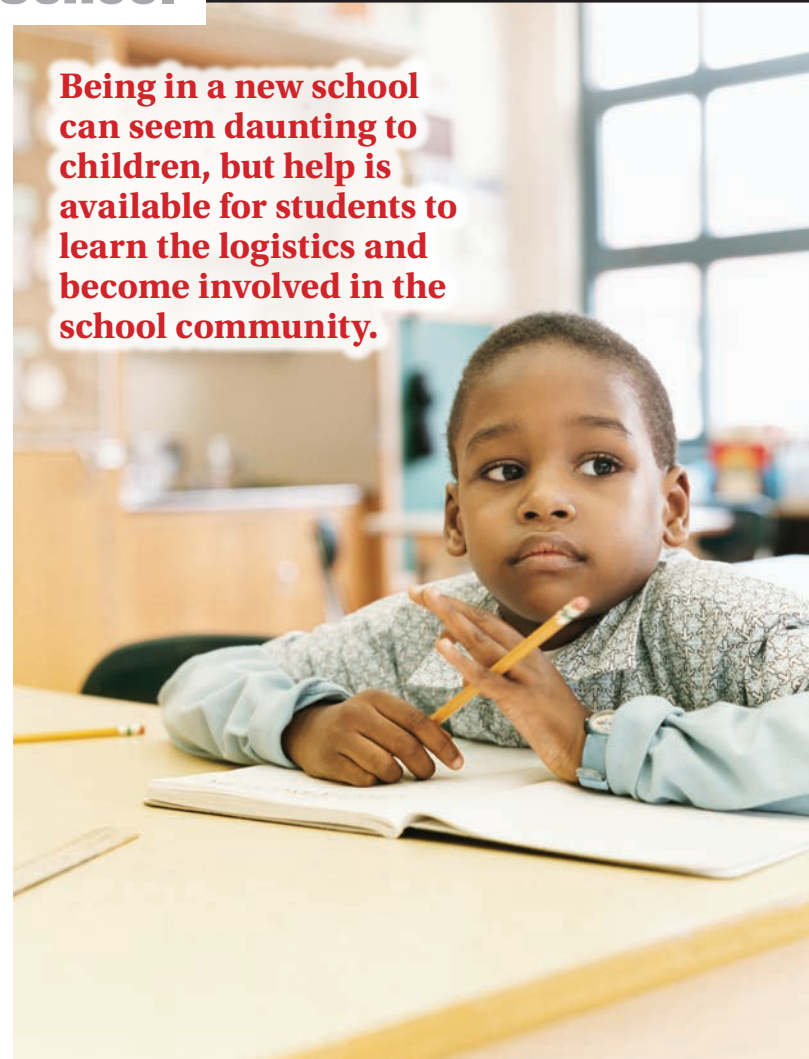
Should students feel that going to their teacher isn't an option, Almeida stressed the importance of finding someone else in the school.

"If you're struggling or having a hard time going to your teacher, at least go to your guidance counselor," he said. "They can at least be able to facilitate."

In addition to making strides academically, Almeida said that it is important for students to feel as though they are connected to their school by getting involved.

"My biggest advice that I give to parents and kids is that the school has got so many clubs," he said.

Being in a new school can seem daunting to children, but help is available for students to learn the logistics and become involved in the school community.



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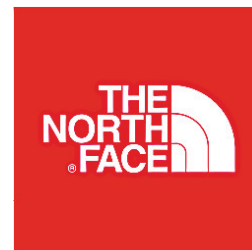
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"Get involved in some type of extracurricular. It doesn't just have to be sports. There's theater, marching band, chess club, Model U.N., there's so many things that they can get involved with."

By getting involved in school activities, students not only feel more connected to their school but also get the opportunity to meet others they may not have necessarily met in their classrooms.

"Academic achievement is improved when you're involved in extracurricular activities," Almeida said.

At Rocky Hill High School, as well as at many other schools throughout the state, incoming ninth-grader students have the opportunity to attend freshmen orientation. "I think that's huge for them to attend," Almeida said. "They get to have a tour of the school and meet some of our upperclassmen. It's really a positive way to start off the year."

In West Hartford, Hall High School students are welcomed by Hall's Link Crew – part of a nationwide program that welcomes freshmen and makes them feel comfortable throughout their first year of high school.

Students from junior and seniors classes are trained to be mentors and serve as positive role models, mentors and student leaders who guide the freshmen through what it takes to be successful in high school.

Public to private school

While most of the students at Westminster School in Simsbury are day students from the surrounding communities, they can expect some private school traditions that may be different from the environment at a public school.

One of the most startling changes students may have to adjust to, according to Jon Deveau, dean of admissions and enrollment management at the school, is the class size.

"Smaller classes mean students need to come prepared, need to have done their homework and come ready to participate," Deveau said, adding that class size is typically about 12 students versus the 20 or 25 that is more common in public schools. "The expectation on each student is much higher. You have to come ready to participate."

In addition, the school has a strict dress code to which students are required to adhere.

Another difference students may encounter in this private school setting is the expectation for them to become involved in non-academic activities, such as sports, theater, dance or a club.

"Every season, every afternoon, every student is involved," Deveau said.

At Kingswood Oxford, a private day school in West Hartford, students and their families are

often familiar with the school as they likely attended campus events during the administrative process.

The school, however, offers a robust orientation program for all new students and their families.

"All new students are part of some type of program prior to the first day of school, which usually put those nerves at ease for them," Rebecca Benavides, senior associate director of admissions said. "Every student at our school has an advisor, which is a faculty member, and they have met that advisor before the first day of school, that person stays with them through the year."

The majority of students who attend the school are coming in from a public school.

Each new family that comes to K-O is introduced to a mentor family which will reach out to the new family before the start of school to help them with any questions they may have from things like what do I wear to what do I need to bring?

"I think they do an excellent job of making new families feel comfortable," Benavides said.

Transitions for parents

So, your child is settled at school or into his or her first apartment. Now what? One of the toughest transitions is often for parents when they become empty nesters.

"I think people have to be pre-

pared for this. You have to figure things change when everybody leaves. Think of it as an opportunity more than a loss. You have to figure out what do to with more free time.

"You need to focus more on your marriage, your relationship with your friends; that takes conscious effort. It's very easy to feel disrupted with it, to feel upset," Geri Pearson, a nurse practitioner and associate professor, psychiatry, UConn School of Medicine, explained.

She's not just speaking from theory. Her youngest child – her children range in age from almost 33 to 20 – just moved out.

"You're left back with your spouse, back the way it started. You're missing all the noise. It's quieter; there's no question. I had to get used to it all."

Parents often start to see themselves in a different light.

"I think it brings your age into focus. When we have kids in the house, we still think we're young. When you don't have any kids in your house, you think, 'I'm moving into another phase in life,' which is OK," Pearson, said.

She said that most people will get past the empty nest period with a little time.

"If people end up feeling really disrupted and it lasts months and months, they need to get some counseling; they need to figure out why." **WL**



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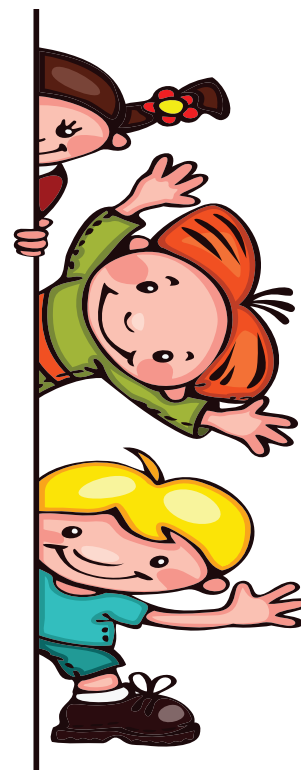
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Back to School



Ready or not?

by Nancy Thompson
LIFE Staff

Knowing if your child is ready for graduation to kindergarten is not always easy

For some parents, sending a child to kindergarten is a simple decision. There is no doubt the child is ready, emotionally, physically and developmentally. For others, it's not so clear-cut.

Children with late birthdays or who may appear not to have the self-control, the fine-motor

skills or other abilities to help them succeed in kindergarten can present their parents with a tough choice.

Experts in early childhood development and curriculum directors in the area have offered their thoughts and suggested links to help parents decide whether to hold a child out, perhaps enrolling him or her in a Pre-K class, or to send the child to kindergarten "on time."

It's about more than academics.

"I don't like the 'Your child must be able to...' stuff," said Rosemary Tralli, curriculum director for the Glastonbury Public Schools.

"Kindergarten is all about building foundational skills. We hope children come in with self-help skills and we do want to see some self-reg-

ulation, but the rest of it can be taught. We want them to be ready to receive instruction. We go by the law and its residency and age requirements."

She agreed that it's not always simple. "Some parents do come in concerned and want to talk about it," she said. "It's hard to make the decision one way or the other."

Irene Garneau, West Hartford's early childhood curriculum specialist, and Kerry Jones, director of the town's elementary curriculum, said they believe it's more important to consider signs that a child is ready to go to kindergarten.

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Back to School

with families of entering kindergarten students the important of executive functioning and social-emotional self-regulation skills," they said.

They defined self-regulation skills as enabling a child to pay attention, delay gratification, switch between tasks, transition between activities and control their emotions. "Early childhood research, as well as our experience in working with young children, provides compelling evidence of the critical link between social/emotional development and behavior and school academic success. Providing young children with rich experiences and vocabulary provides a strong foundation for future learning. This may occur with the family or in a high-quality Pre-K setting, or even better, both."

Barbara Hartigan, an association professor in the School of Education at the University of Saint Joseph and chairman of the school's early childhood special education program, said it's important to look at the whole child when considering readiness skills for kindergarten.

"Parents think that school is

all about cognitive development – learning, thinking and problem-solving – however, there are also social and emotional factors that play a huge role in success in school. Also, a child's movement, physical development and health are important aspects to consider. Language and communication are also important elements of a child's successful school experience."

She said research shows that "redshirting," or waiting to start kindergarten a year later, seems to have positive implications for future athletes, but asks, "How do we know that these young children are going to be elite athletes?"

Hartigan said that while parents tend to hold back children born late in the year or boys, who often mature more slowly than girls, to give them another year to mature, studies indicate that higher test scores and more mature behavior for children who have started kindergarten a year late are generally not seen past third grade.

She said research also shows that children with disabilities are

more likely to be held back from kindergarten, a move that concerns her because it can deny them important early intervention by specialists.

"Parents may keep their children out of school in hopes that ... skills will develop when in fact they would benefit from working with a professional on specific skills."

In Newington, Deputy Superintendent Pamela Muraca and Assistant Superintendent Wendy Crouse said the town's schools provide personalized early learning experiences for all students, and that all who meet the age requirements set by the state are welcome, although parents may consider other factors.

"Enrolling a child in kindergarten for some families is a personal decision based on the parent's experiences in school, the desire to have their child at home for another year, experiences of older siblings or redshirting," they said.

Revised kindergarten curricula that put more emphasis on academic skills shouldn't be a problem, experts say.

"Our job is to teach them where they are," Tralli said. "We give them a love of learning. It's important that they love being there, and that we're affirming."

Garneau agreed. "The Common Core and kindergarten curriculum have changed the kindergarten experience from what many of us remember from our own childhoods," she said. "It's important to remember that the Common Core standards focus on academic development and cognitive development/habits of mind – mathematical concepts, foundational literacy skills, perseverance. Developmentally, kindergartners still need opportunities for hands-on learning and play-based experiences in which they can apply their new academic learning. Full-day kindergarten experiences and learning expectations are important, foundational starting points for children's academic developmental."

All agreed that in the end, the decision to send a child on time or to wait is up to the parents.

"There's no right or wrong, no one way to look at this," Tralli said. **WL**

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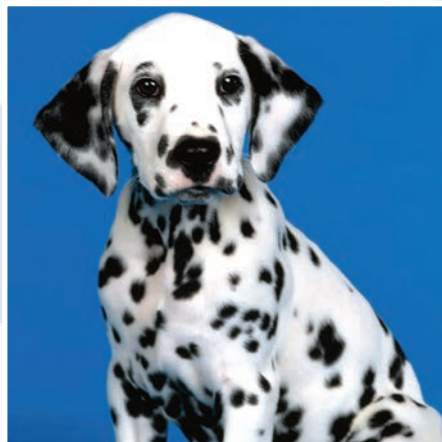


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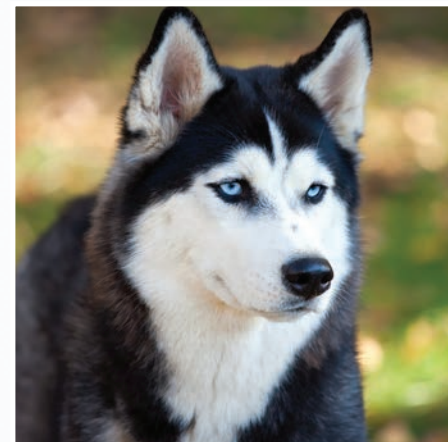
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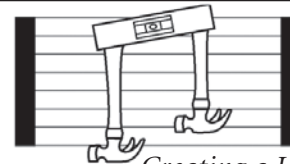
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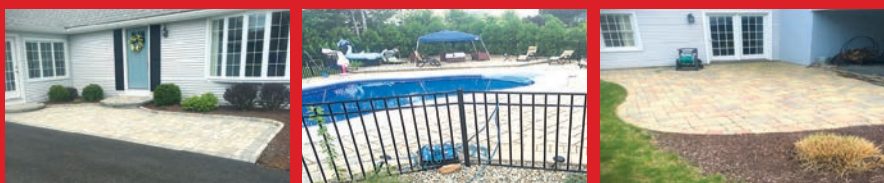
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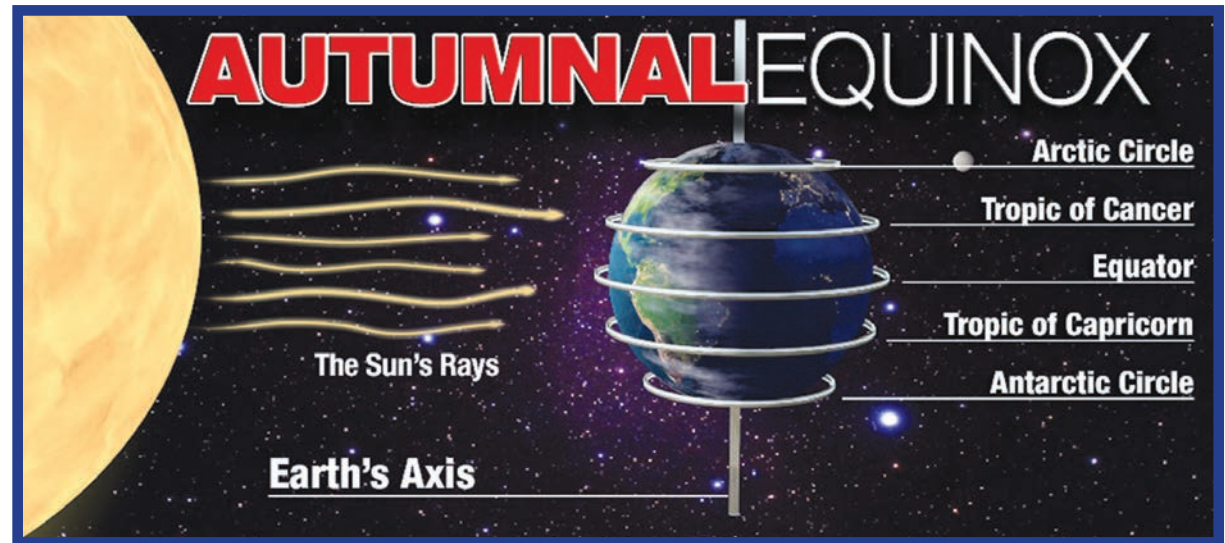
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BY MARK DIXON
WFSB METEOROLOGIST [AMS]



Goodbye summer, hello autumn!

This month we transition from Summer to Fall. Tough for those of you who may enjoy heat and humidity, but a welcome change for those who like cooler, shorter days. The Autumnal Equinox occurs this year on the 22nd of this month, at 4:02 pm.

Now the term “equinox” is Latin, referring to the days of the year when there is nearly equal day and equal night – when the Earth’s axis is not tilting in either direction toward or away from the Sun (also occurring in March with the transition from winter to spring).

However, the exact timing is more of an approximate - on the

22nd we will actually have 12 hours and 10 minutes of possible daylight (sunrise 6:38 a.m., sunset 6:48 p.m.). Also, it is important to point out, with regard to sunrise/set, these times are relative to when the upper edge of the Sun crosses the horizon (not the center).

To go more in-depth, the equinox occurs when the Sun

crosses the celestial equator, from north to south – when the Sun is at the halfway point, between summer and winter. Of course, this is relevant only to the Northern Hemisphere. In the Southern Hemisphere, it would be the opposite; meaning, those south of the equator will be saying goodbye to winter and hello to spring. **WL**

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